









This catalogue was published to accompany the exhibition, Taos Unite, a community event on May 21, 2023 presented by UNM-Taos Chicana/o Studies students with the guidance of Dr. Trisha Martinez and Gerald Lovato through a partnership with the Millicent Rogers Museum.

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# INTRODUCTION

## Trisha Martinez, PhD

With the blessing of each day we wake up to navigate life. Some realities of our own making and some beyond our control. How we perceive these daily experiences are instrumental to how we respond as individuals and as community. I find great value embedded in each of our life experiences. And what one may consider unworthy, difficult or shameful to share- that lived moment has the power to touch or inspire another- to keep going, to keep living. Although, we like to highlight the positive in our lives, it is the struggle that connects so many of us. More than the struggle, it is the survival piece. To some extent, one has to be vulnerable, willing to open up and reveal the depth of life's experiences, and the reality is one we do, a means for connection and inspiration transpire. The way that we think at hard times, marginalized experiences, pain and sorrow has to be reconceptualized so we can mobilize it and move with the weight of its power into a space that is healthy, whole and healing. In my eyes there is a deeper purpose for the pain, the struggle, and our existence. I by far have not figured it all out but with the knowledge and insight I've gained, I have a deep passion to pay it all forward. To pay forward the ways I've learned how to survive the struggle, to bring us together in community- to learn, to grow and overcome.

As educators, our classrooms are an amazing space to generate knowledge and a means for students to tap into their gifts and interests that inspire their connection to our larger community #TaosUnite was a beautiful and powerful extension of the work of Gerald Lovato and #BurqueUnite. It was a student led initiative to bring people together through art, culture, and faith to address hard truths and experiences that many of our families endure. The art exhibition displayed talented and meaningful work of students and community that captured the essence of life and love behind bars, the heartbreak of loss, and addiction. The beauty and strength of our northern New Mexico culture and community resonated through the art, efforts to organize the event and inspired ongoing initiatives for participants and local attendees. Through music, dance, a car show and spoken word, the day of programming, Taos Unite Today!- brought people together to laugh, smile and share with one another. It afforded us the space to unite and show support for each other, share resources and hope for a better tomorrow.

**Trisha Martinez, PhD** is native to Wyoming, born in Cheyenne, with family roots stemming from northern New Mexico. She is a University of Wyoming alumna and received her Ph. D. in American Studies from the University of New Mexico.

## The Power of Art: Gerald Lovato

Art is the driving force in a social movement. Artists can offer windows into different realities and construct possibilities for change that sometimes seem unattainable. Activism artists who are committed to change are critical for social praxis.

I wondered how I was going to pull it off. I was worried, but I did have faith it would all come together in the end, and it did. It was like it became this organic living thing that created itself. I was just the one who guided the direction and it all came together. I am talking about the first of the Unite Series, Burque Unite, a pop up exhibition and community gathering addressing issues around behavioral health in Albuquerque, New Mexico, 2022. The overarching question evolved into, how can we use art to inspire community healing and social change?

My intentions were to create a safe space for community interaction and healing. The goal for each individual object in this exhibition was to act as a catalyst for creating conversations between youth, adults, and elders about positive change and healing from trauma. In the end, I was amazed by how many community members came together and volunteered their time and resources to help see it come through fruition. Shortly after Burque Unite, 133 miles north of Albuquerque, there was a group of University of New Mexico (UNM)- Taos, Chicana/o/x Studies students and their professor Dr. Trisha Martinez who were moved by my work. I was invited to speak to their class and the students approached me and presented their idea for 'Taos Unite' as a class project and a continuation of my event.

Taos Unite is a manifestation of New Mexico communities who are suffering and need healing. In this popup exhibition, Taosenos and UNM-Taos students came together to channel the cultural traditions embedded within the culture of northern New Mexico. Along with the exhibition was a day of celebration outside the museum. It was wonderful to see the support of the Taos fine art community compared to what I experienced with Burque Unite. Organizing the first of the Unite Series, I struggled to gain institutional support and had to create my own space at a community hub to make it happen. In contrast, Taos Unite was hosted in a fine art institution. I would argue that although a trend in the art world is to speak on social issues, many institutions are afraid of the stigma of some themes, therefore they do little to really make an impact. In the Burque Unite, Exhibition Catalogue, curator and artist, Augustine Romero writes about how an artist may live down a block from an art institution that excludes them. Additionally he mentions how some artists from these communities are never permitted to exhibit their work or be celebrated in museums, local galleries, or art spaces in their own community. He describes these institutions as the 'gated communities' of the art world, where most of us lack the code to enter the gate (Romero, 2023). The Millicent Rogers Museum is redefining community engagement for fine art institutions by taking the lead and incorporating the art and music from the people who live in their community. Art historian/curator Dr. Michelle Lanteri did a wonderful job working with Dr. Martinez to curate the Taos Unite museum exhibit.

Outside the museum, local car clubs participated by showing their lowriders, custom cars, and motorcycles for spectators of Taos Unite. The fiesta atmosphere outside felt like a celebration of something special. However, there was no graduation, wedding, or quinceanera, it was simply to come together for the art and a celebration of life. Red and green chile enchiladas were being served and people were talking and laughing. Some were even participating in the interactive make-and-take community art station. There was lots to talk about after they toured the exhibit and the day of celebration and panel discussions were facilitated by organizer Dr. Martinez where I was asked to give a keynote address where I focused on suicide. An emotional testimony from some of the participating students on the panel brought many to tears bringing the underlying issues to the forefront of the conversation. It was obvious there were many people in attendance who related to the issues and it was clear this was a safe space for healing and sharing their stories. The day was filled with music by local bands and a group of Comanche dancers blessed the space and shared traditional stories.

### **El Arte**

The exhibition took place in two large connecting rooms inside the museum and included a mixture of art submitted by professional artists, students, and community members. The adobe architecture, vega ceilings, and kiva fireplaces made the space feel like it was written from the pages of a Rudolfo Anya novel. The aroma of the red and green chile seemed to sneak its way from outside past the front doors and into the museum dancing in from the fiesta outside where you could feel the New Mexico culture in the air.

In the first room you were greeted with a collection of prison art that included paños (handkerchiefs with drawings on them), delicate sculptures made from nontraditional materials found in prison, and photography. The themes that connected these works spoke on the social issues of incarceration and mental health. Some of the featured artists actually made these works while incarcerated and some were the art sent from loved ones behind bars. This collection reminded me of Chicano artist Eric Christo Martinez, who exemplifies second chances and how art can make changes in our communities. You see, Christo first began his journey as an artist while serving a sentence in a federal penitentiary. Christo used art as a way to free himself while incarcerated. He built a large body of work on the inside of the prison walls and since being released he is exploring using his art to bring a positive influence in his community through activism. Christo has organized “Divide and Conquer”, an exhibition that invites artists of the community to participate and use their arte to share their stories to unite for a greater purpose. Along with the prison arte, local artists submitted traditional spanish colonial carvings, retablos (painted altarpieces), and bultos (carved and painted wooden religious sculptures) in reminiscence of traditional spanish colonial santero, José Rafael Aragón, whose work can be found in many museums and Catholic churches in northern New Mexico. Some of the community work in the gallery had a modern twist similar to santeros like Vicente Tellez, who describes his work as marrying his creative ideas with the skills he has learned... to help keep the tradition of santero art relevant. He says that it’s not just a religious thing, it’s about culture, too. It connects one generation to the next (Diaz).

This exhibition is a great example of paying homage to New Mexico culture while speaking on social issues. To accompany the incarceration collection I included an untitled documentary photo series I made about the prison arte I was sent from incarcerated family members over the years.

I captured digital photographs of the paños, sculptures and drawings. The images were displayed in shadow box frames similar to sports memorabilia.

The second room of the exhibition had a wide range of objects including nontraditional sculptures, paintings, drawings, and metal cut-out sculptures. Much of the works contained Spanish Colonial influence with Catholic iconography such as the Virgin de Guadalupe and santos. The work I included in this room was about suicide. A sculpture made of the remains of a bloody punching bag I used in a performance at Burque Unite, boxing gloves that were painted and arranged in a way to symbolize needing help, a painting of someone I lost to suicide, and a painting that speaks on my own battles with suicide. It was important for me to include these because my battle with suicide is not over. I am a suicide survivor, however I am still struggling. People ask me how I have dealt with all the trauma, loss and struggle in my life. Truth is, I’m barely hanging on. On the outside I appear strong and resilient. On the inside I’m a tormented soul. In so much pain. Coming from a broken home, the idea of community has always been so refreshing.

The final part of the exhibition sat along a hallway in a nicho where an interactive community altar installation was built. Community members brought photos, and objects to honor their lost loved ones. A pen and note cards were placed on the altar encouraging the community to share a memory or message. This interactive display was the perfect way to close the viewers’ experience.

My biggest take away from Taos Unite was the power of art, and the power of community. I walked away thinking about how I can continue to make art that inspires action. I know that simply starting a conversation about suicide, gun violence, drug addiction, incarceration, and mental health with my art can break the stigma. The rural areas of New Mexico have been hit the hardest and it is important to have the community’s perspective brought into the conversation. Art is about discourse, it’s about knowledge and understanding our culture. With conversations like this, the work becomes alive, not just a static object on a wall. I am inspired to continue to host participatory public art projects and conferences in an attempt to decolonize and decapitalize art and culture through shared experiences bringing art to everyday people in a public space to share the resident’s voices, pain, hopes and dreams. I have learned that being there for each other is a critical part of rebuilding society. I plan to expand the Unite Series nationally and globally. As a collective, our shared experiences can communicate one vision. Unite.

### **Works Cited**

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**Gerald Lovato** (b. 1978, Albuquerque, New Mexico) received his BFA with highest honors in painting (minor in Arts Business + Leadership) from the University of New Mexico (UNM), in 2022. Lovato also studied painting under Andrea Rushing at the San Diego Art Academy located in Barrio Logan, San Diego. Lovato is now pursuing his masters degree at the University of Wyoming.

*Before studying visual arts, Lovato used martial arts to cope with trauma, which led to close to a decade of a career as a professional mixed martial arts fighter competing nationally and internationally. Lovato now uses visual arts for coping/healing and works in the mediums of painting, photography, sculpture, electronic art, film, and installation. Lovato is a social practice artist whose work researches behavioral health and aims to break the stigma around suicide, mental health, gun violence, drug addiction, and more specifically, the fentanyl epidemic. Lovato's work is exhibited regionally, and nationally, and featured in the permanent public collection of the Chicano Park Museum in San Diego, CA.*

### **To Heal Through Action: Michelle J. Lanteri, PhD**

The #TaosUnite exhibition and “Taos Unites Today!” day of programs demonstrated that through artistic action healing emerges. For this collaborative project, Trisha Martinez, PhD and Gerald Lovato mentored UNM-Taos Chicana students to find a path of healing and recovery through journeys in visual and written art expressions. From within Dr. Martinez's classroom, the students became curators and assembled an exhibition and community altar that brought together numerous voices in a collective call for hope. These students made themselves vulnerable in order to redirect their pathways towards new ideas, new modes of happiness, new modes of identity, and new modes of fulfillment.

#TaosUnite offered the students a platform for open expression—no rules, no boxes, no mandates. It was up to them to portray themselves as they wanted community members to see them. It was a chance for this group of artists to present turning points in their journeys to their friends and family as well as to visitors learning about their stories for the first time.

Some students chose to create images of icons of the Southwest through their own eyes, like horses and Dias de los Muertos imagery. Students also depicted the landscapes of their worlds around them. And then some students painted on bandanas in a tattoo-art style to communicate the lenses from which they approach life.

These students also chose to invite community artists in New Mexico to participate. These works included paintings made in Kool-Aid, boxing bags with blood, and visions of spirituality in 2D and 3D mediums. Thus, the students sought to connect further with community members to build relationships rooted in hope, healing, and recovery.

The leadership of this project, Dr. Martinez and Mr. Lovato, also went to every effort to forge new connections with community members through contributing personal art and ephemera as well as coordinating a “Taos Unites Today!” day of programs. The day of programs was particularly important to take place in Taos, as the community thrives on this kind of collaboration and conversation. It was especially significant as many community members have not seen much of each other during the past couple years of increased separation.

Moreover, the remoteness of Taos requires extra efforts to be made for this kind of community building. And once the ball starts rolling, it gathers strength and participation all the way until moments before the event starts. For us, this took the form of t-shirts for all in attendance; impromptu singers, guitarists, and flamenco dancers; and a heartfelt exchange of gratitude between the group.

The programs garnered a large community participation and centered on storytelling, mentorship, performance, and, of course, la comida Nuevo Meicana. The day was bookended in creative expressions and was grounded by a community of lowriders, artists, poets, as well as new and reuniting friendships. All of this was underscored by a social fabric of cross-cultural expression—music by The UZ Band and dancing from Los Comanches de la Serna. And it wouldn't have been a full day without the poignant spoken lyrics of Olivia Romo.

Through #TaosUnite and “Taos Unites Today!,” new memories made way for new directions in life. Community gathering brought joy in the steps of healing. Art and performance nourished souls, with food and drink keeping everyone feeling connected. The project, the second in a constellation of “Unite” events, instilled a sense of togetherness. This togetherness envisions a future for community members of all generations to lean in to each other and revel in the hope located in artistic expressions found in their hearts.

**Michelle J. Lanteri, PhD** has served as the curator of collections and exhibitions at the Millicent Rogers Museum near Taos, New Mexico, and earned her doctoral degree in Native American art history at the University of Oklahoma. Dr. Lanteri now serves as the curator of collections at the Albuquerque Museum.

## **Picotazo: Olivia Romo**

Dedicated to Jinks and all our brothers and sisters who have battled with heroin

Vamo pa Chimayo—

una plaza que esconde al señor sol.

Pa que Dios no puedo saber-

donde todo la gente de la muerte

drogas

coca

chiva

See boss, you're a crazy vato and I've been meaning to take you on this trip for years now.

So let's squeeze into my black Chevy como los cigarros, smoking our way into Española.

Knuckles crash like beer cans and not more than a mile away-

people pray knuckles laced with rosaries.

His herb is laced with crystals-

Pistols, 9mm, wife beaters

Men who beat women-

who drown their children-

with the tip of a bottle

squeeze on the throttle.

Siempre debajo del sol.

Sal con limón.

Simon- we were all fucked up! Pero carnale, you're a crazy vato and sleep with bad chicks

Chichonas, chingonas!

But can you make chiva your bitch?

Anda borita! Echate todo! Mete la aguja like you stick your bitch every night-

Late night trip to Chimayo

Heads thrown back- needle tracks like dirt roads

They want to journey under the sun

Underworld-

Under this drug he rose to his feet

Tripped over a coffee table and spilled burnt pieces of weed

He is boozing-

Losing his sense of breath

This is what he said:

“Yo recuerdo,  
que las mujeres mas linda echando chiva por la vena.  
Ven con migo mija as I tell you the trip of a lifetime.  
It’s a crime to silence our worried hearts.  
Razor couldn’t cut you deep enough–  
So my skin just opened to addiction-  
like lungs, lips and legs.  
But as long as you had your cartera y azucar negra everything was chignon.  
Tecato city is in the heart of a holy place because we emerged from this tierra bendita.  
We buried our hearts in the arroyo and crawled out at night in hope to hit it so hard  
we could fly!  
Como un águila tearing through the sky, but we have become vultures eating our own flesh  
Selling ourselves for more.  
Abre los ojos, esto no es una buena vida.  
I saw death piled in the tub-  
broken bones and naked bleeding bodies bathing in refuse.  
The sink filled with parched souls swirled in hopeless water reflections then vomit  
pulsing through your throat and mouth because sometimes the body can only take so much.  
I crawled back to the living room and my friends  
their skin had peeled off their faces and we were heartless skeletons.  
We laughed until our jaw bones cracked and rotted.  
Mi carnal never made it out.  
Jinks, my brother  
he once told me  
“You’re a crazy vato and I know you will make it out alive so  
echate todo paqe tu puedo saber–  
donde todo la gente de la muerte se esconde–  
De Dios.”

**Olivia Romo** is an American poet, spoken word artist and water rights activist from Taos, New Mexico. Romo lives in Pojoaque, and works in Santa Fe, New Mexico.

*Several of her poems and projects refer to water issues in relation to the acequia system of irrigation ditches in Northern New Mexico. Her work addresses the cultural heritage of water within agricultural communities as part of their current and ancestral ways of life. She is bilingual and her spoken word poetry is presented in the manito dialect of New Mexico. She has been named the New Mexico State Champion of Slam Poetry, and was the state of Nevada’s first Poet in Residence. Her work has been written about in The New York Times, Albuquerque Journal, and Taos News. She has been described as a water rights activist, and has worked for the New Mexico Acequia Association. (Wikipedia)*



*UNM-Taos Chicana/o Studies organized #TaosUnite to confront issues around violence, drug abuse, mental health, and experiences of incarceration. Dr. Trisha Martinez uses the classroom as an influential space to empower her students. She encourages them to recognize the potential of their own cultural wealth and agency to inspire positive change in the community. As a powerful means of cultural expression, students produced an array of New Mexico's traditional expressive and contemporary arts, such as retablos, poetry, and paintings to share aspects of their identity and creative responses to community concerns. Students recognize the importance of talking about the day-to-day issues and figuring out ways to address the lived realities many of their families endure.*

### **Taos Unite Letter from Frederick Aragón:**

Taos Unite opened my eyes to the suffering of my surrounding community of like-minded, good-hearted people. All of us are different, yet we experience the same emotions, including guilt--whether we have seen someone's drug use and anticipated the worst outcome, or whether we have been unable to help the person and the worst has come to pass.

Taos Unite showed me I am not alone in my love for these family members and friends. What to do? Listening to people tell their stories proves that we have a problem that affects many and that we need a solution. Maybe together we can find one.

Frederick Aragón



## UNM-Taos Chicana/o Studies Students

Manuel Baca-Villalobos  
Angela Cortez  
Jaydan Flores-Winters  
Angelina Garcia  
Mikayla Leon  
Maricella Lopez  
Chantal Martinez  
Estevan Martinez  
Jazmine Medrano  
Clinton Murphy  
Idania Rivera  
Michaela Stone  
Ariana Valdez

### Welcome to the United States: Maricella Lopez

Welcome to the United States of America where we are the land of the free and home of the brave

We have all the technology, food, and cash you want. Our schools, jobs, and health are great

But we forgot to inform you the land we claim that is ours is not actually ours

When we say freedom, it means subjection, oppression, and control

The brave is scared to stand up for what is right because we are comfortable with corruption

Our modern technology makes us lack attention, creativity, social, and emotional development

Our food causes risk of illnesses, disease, pollution, and even poisoning

We end up in debt for the rest of our lives chasing after the government's money

Our school systems restrict our freedom, hide important history, and set most of us up for failure

We are pushed into getting 9 to 5 jobs that make us miserable, tired, questioning our existence

We are facing a mental health crisis because there is a rise in unhealed mental illness

We are dealing with climate change, addiction, poverty, violence, stereotypes, and many more issues

Do not judge the words I say just patiently listen and you may get something out of it

We need to prevent brutality, respect one another no matter our opinions

Use our voice, and tell our stories and experiences or we will not see positive change in our communities unless we work together.

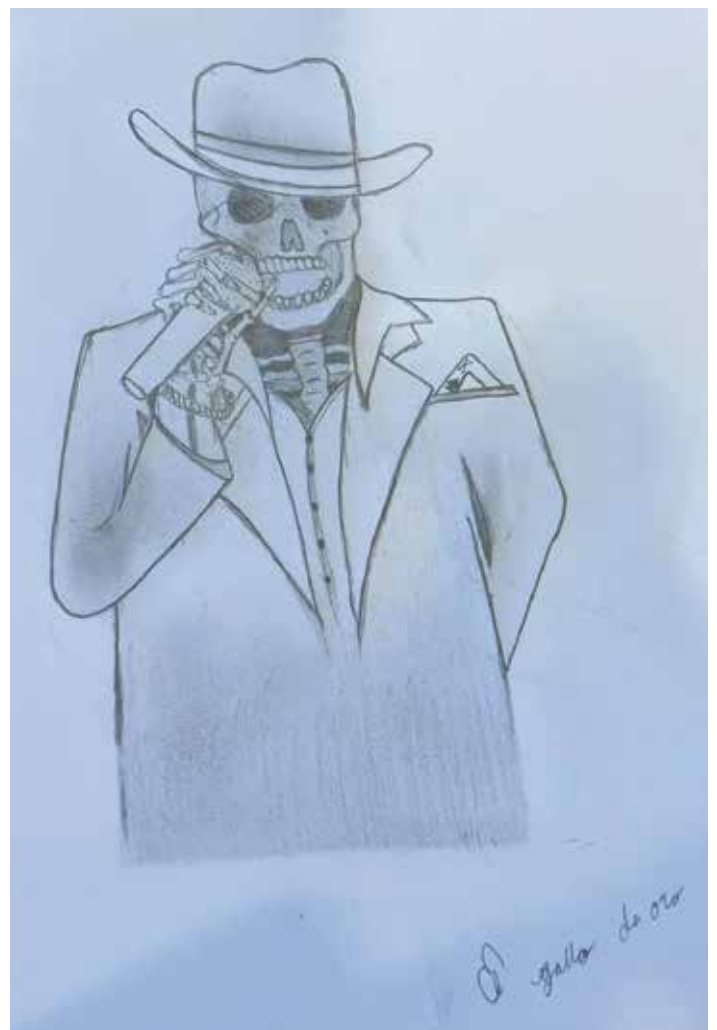
## Maricella Lopez

I am Maricella Lopez from Taos from las calles de Nuevo Mexico y vistas hermosas. I am from the bailes, musica, y familia. I am from the mountains, trees, wind, and water. I am a UNM-Taos dual credit student and Spring of 2023 Taos Cyber Magnet graduate. One of my goals in this life is to bring awareness to issues that revolve around the beauty of struggle that we all experience in our lives, and no one wants to talk about. Out of the 19 years of being alive, these past few years I have really opened my eyes to how scary, tragic, crazy and fun, unique, beautiful, fragile, precious life is. I acknowledge the struggle I'm coming up from. I cherish the people I have in my life, and in my heart. I've dealt with addiction for almost 11 years and mental illness and trauma for longer that many don't know about. There's been times I've almost taken my own life and times others have tried taking it from me. I've lost friends family and my community to addiction, suicide, gun violence, and wreck less driving. Life isn't about material things even though that is what we leave behind, it is about leaving your mark on this Earth, valuing your loved ones you made memories with. I would like to thank my parents for encouraging me to stay in school, and my friends and families for their support along the way. I have a deep genuine love for my querencia. I'm appreciative for everything I've gone through to be who I am today, I'm glad I get to see another day because I can inspire and live on for those who are no longer with us. No matter what all of you have gone through I'm glad you're still here we all have impact to inspire change. We are all dealing with our own battles, no one can see. Know that you are strong, you are loved, and one of a kind in this world. There is only one you.

### Stuck in Wonderland: Maricella Lopez

I've lived in wonderland for quite some time now  
Where the flowers are colorless, and I must paint my own roses  
I don't know when I fell in this hole or don't know how  
But my mind is scattered, shattered, and frozen because life is a card game  
And saying the wrong things means "off with their heads"  
Where the style and color of what I wear is the only thing that matters  
I can't tell the difference between all the Cheshire cats and mad hatters  
The king and queen build me up just to tear me down  
Just like we all do in this little town  
We all have flaws and problems, but we judge one another  
This is the stuff that makes my mind thunder and clutter  
Instead of putting out the thoughts that are on fire  
It ignites them making this battle a lot harder to fight  
I am not the chooses one, the savior, or the knight  
But I could share love, wisdom, and light even through the stars  
All I truly know is that one day I'll be somewhere very far away  
And I don't know if I've gone mad or entirely bonkers  
But the secret is that the best people are





## My Suicide Playlist: Clinton Murphy

It starts with Tim Barry. Wait at Milano. That's track one. That song specifically works because you can hear the pain in Tim's voice when he's singing it. You know he's been there. You believe him. Belief has a lot of importance when it comes to suicide. Most of what us suicide prone folks are trying to escape is inauthenticity. What Holden Caulfield called phonies. If you don't know who Holden Caulfield is,, he was kind of the original suicide character in a book called *Catcher In The Rye*. It was written by this guy J.D. Salinger who you can tell by his writing is no kind of phony himself.. Anyway, maybe we better start a suicide reading list as well. There probably already is one. There's already everything. A suicide playlist is a lot of things. It's like a legacy you're leaving, in a way. A final attempt to communicate with everyone you couldn't get through to before. Or maybe it was them that couldn't get through to you. It all gets a little confusing. Anyway, every suicidal sonofabitch probably has the same sick fantasy of their carefully curated playlist being piped through the shitty speakers of whatever church their memorial service is being held in. That way everyone can sit in silence and hear the words and the music and think about the guy who offed himself and maybe some people will cry. That's how I think of it anyway. And I hate myself for thinking it. Don't think for a minute I don't. Lots of people talk about killing themselves, but most of them don't really want to die. The literature will tell you that what they want is to stop feeling the way they're feeling. You end up reading a lot of the literature when you're considering something as big as killing yourself. It's all online now. Everything is. Track two is Hot Water Music's *Driving Home*. Or maybe it's *Trusty Chords*. This one's a real toss up and there are problems with both. For one thing they're both set to pretty upbeat music and that kinda fucks up the whole somber memorial service thing. Like I could see everybody kind of looking around unsure how to react. Like maybe they should get up and pogo or something. The other problem with them is that they're both pretty much anti-suicide songs. Like they're meant to let you know you can make it through. To be fair, so is "Wait at Milano" but it still retains a sadness. You start to see how complicated this stuff is. I think language is important. Like maybe it means the most to me. That's why I want to talk about the word. Suicide. From the Latin, sui "of one's self" and cidium "a killing." Suicide almost sounds kind of sexy. Seductive. Romantic. So let's call it what it is. Killing yourself. That sounds a lot more real. Like it's probably gonna be kinda messy. People like to talk around the subject, not really engage with it. It's a problem. In a world of problems. Track three is Johnny Cash's *Spiritual*. John Coltrane wrote and originally recorded it but I like Cash's version. Try them both.. And I'm noticing something here.

There's a theme. This suicide playlist is maybe an anti-suicide playlist. Because sometimes feeling bad feels good. Or knowing that someone else in the world feels like you do, which is something you can never believe when you're in that place. But of course they have. Everyone has already felt everything. Whether they wanted to or not. I have a bottle of pills. I try not to think of them but when I do I picture them as an emergency exit.

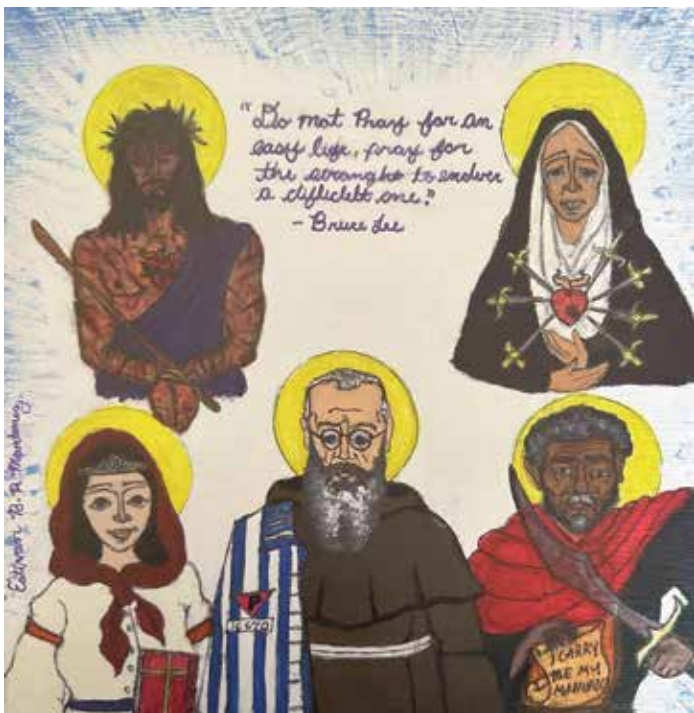
Break glass in case of. Experts will tell you that's a bad sign. Ideation is one thing. A concrete specific plan is another. Guns are also problematic because they are so final. Like you might survive an overdose, but you probably won't a bullet. Incidentally, men are eighty six percent more likely to use a firearm as a method of killing themselves. Not me though. I'm a coward. Or maybe I don't really want to die. I have had girlfriends and friends and family members hold firearms for me when I was in my darkest places. It's pretty awkward when you have to ask for them back. Track four, *Tomorrow Wendy*, by Concrete Blonde. It's got enough anguish and drama and some really great lyrics. I mean listen to this- "Only God says jump, but I set the time". That's a big thing about suicide. Regaining some control. As if you ever could. As if killing yourself isn't the definition of out of control. Listen. The bad news is this. You are not driving the bus. You don't get to steer it. The good news is this- someone is. And they have your best interests at heart. That someone is God. Or Bhudda or whoever you want to name. But listen, because this part is important.

You have to know there is someone. Because you need someone to yell at and to cry to and prayer is a form of supplication and really if you're going to give up in that bigger, life ending way, you might as well give up spiritually first. Surrender. It's my favorite word. I have been at war with the world and with myself for my entire life. Surrender is the only peace I have ever found. So give up. Give it to God, or whoever. Get on your knees. It's not like you have anything to lose. Track five tells me something about myself. Punk rock saved my life. I probably listened to this album for three or four years straight in my twenties and I can't remember a single time it didn't make me feel better. The band is *Strung Out* and the song is *Better Days*. It comes back to authenticity. I remember reading an interview with the lead singer. He had a horrific childhood. Like things I don't care to discuss here horrible. And he's there, screaming into a microphone his cry for help and it makes me wonder if he can survive it, why can't I? Well of course I can. But it helps to sing along. It always comes back to Johnny Cash. In fact, if you want a reason to stay alive, look into his life. Or anybody who ever battled depression or circumstances beyond their control. Misery loves company. I've already said that in so many words, but it bears repeating. So. Track six. *Unchained*, by Johnny Cash. Listen closely to the words. Feel them. Cry, if you can. Crying means you're feeling something and if you've ever felt nothing then you know that that is a special kind of hell. Well. We're nearing the end here. No, not the literal end. The end of the playlist. If it's done its job, you no longer feel like ending it all, at least for this exact moment. Which is all you need sometimes. A moment. One good one. Or at least a bearable one. A little slip of ledge to hold onto to get you to the next one. The next moment. So what's the song that's going to get you there, in my opinion? It's called *Rejoice* by Julien Baker and it's an ode to the futility of everything and it crescendoes in this amazing fuck you to God and ultimate, yeah, surrender. How to end it? That's a little dark humor for you. I'm not above reusing a good joke. It's the kind of thing Tom Waits would appreciate.



## My Suicide Playlist: Clinton Murphy (Cont.)

So he gets to round out My Suicide Playlist with Come On Up To The House, which is an invitation to anyone suffering. "Come down off the cross, we can use the wood." Truer words were never spoke. There is power in music. To heal and to feel and to get you through. If you hate my playlist, make your own. In fact, do it anyway. It will give that reeling brain of yours a task to focus on and offer a little bit of relief, if only for a while. Sometimes that's all we need. There's nothing wrong with you. What you are experiencing is a completely natural reaction to the world around you. It's not a new problem, in fact it's as old as time. What you need is a workable solution. Which exists. I just don't know what it is for you. Only you can solve your own complexity. This is the Shaman's Journey. You? You're the Shaman. Or you will be, when you get through this. Which you will. The last thing I want to tell you is this. I love you. Even if you think no one else does, even if you don't love yourself, I do. I love you. Why? Because you are me. And I am you. And I know that place and I know the place beyond that place. So know that and happy listening and I'll see you out there, okay?



## A Child's Voice: Jaydan Flores-Winters

Behold, a child doth cycle through preprogrammed ways,  
This is but a preparation for trials of familial war.  
With "I love you's" they are strangled and bound,  
These whips are laid upon their tender skin,  
By the Destroyers who seek to silence.  
Falsehoods, pickled and absolute, are fed  
To kin who then turn against the child instead.  
Their mind, like clay, is molded with great care,  
And conditioned to accept what's unfair.  
Threads choke the lips so dry and chipped,  
Laced with hate and craving for grand and total control.  
Tight, tight, tight, oh so careful,  
The vessels can only handle so much, be not fearful.  
Every time the tongue attempts to live,  
It is struck and barred, with no reprieve.  
The word freedom pleaded every year,  
Since the dawn of self-aware.  
Crossing the flesh until we stitch no more,  
Losing the fabrics our loved ones wore.  
Pulling our hearts taut, aching for relief,  
Pinned to the earth by unloving thief.  
Forgiveness to those who crushed,  
Wavered by the hand of judgment, so shamefully.  
Past lives reaching out,  
Shielding children from modern endeavor's bout.  
Under a blanket of leaves,  
The flesh of the wood that devours sight,  
The absence of substance ignored by the eyes,  
Held by none,  
Cradled by the energy of the earth,  
Discarded and crumpled by two and one.  
The dirt of the earth holds more respect,  
Than the supposed protectors who neglect.  
Verily, let us pray for the innocent child,  
That they may be delivered from the hands of the wild,  
And that they may be embraced by the loving arms,  
Of those who will shield them from all harms.



### **#TaosUnite Art**

I'm Sorry Painting on canvas, Angelina Garcia  
In Loving Memory of Jenna Trujillo Photographs by Mikayla Leon  
El Gallo de Oro Drawing on Canvas by Idania Rivera  
God is My Strength Retablo by Estevan Martinez  
We're All Struggling Wood Art and Photographs by Maricella Lopez  
A Child's Voice Poem & Drawing by Jaydan Flores-Winters  
Rabbit Drawing by Jaydan Flores-Winters  
Help Oil on Canvas by Gerald Lovato  
Seed of Joy Oil on Canvas by Gerald Lovato  
Remains Mixed-Media Sculpture by Gerald Lovato  
Each One Teach One Mixed-Media Sculpture by Gerald Lovato  
Prison Art Documentary Photos by Gerald Lovato  
Prison Art by Elaina Gomez-Villeda  
Living It Drawing by Victor Martinez  
Photographs and Poem by Jazmine Medrano  
My Suicide Playlist by Clint Murphy  
Atzlán Painting by Fredrick "Rick" Aragon  
Metal Art by James Cortez  
Grief by Chantal Martinez  
Taos through My Eyes by Chantal Martinez  
Come Back G Drawing by Faith Pino  
Soy Chingón by David Martinez  
La Morada by Victor Martinez  
La Vida by Lencho Martinez  
Cruisin' Painted Rock by Giovontá Martinez  
Taoseña by Marcella A. Martinez  
Prison Art by Chris Brown  
White Buffalo Woman and La Familia by Patricia Keeler  
Our Lady of Guadalupe Acrylic on Wood by Roger Martinez  
2 Wood Carved Sculptures by Joe Ortega

## **Violence**

Growing up around violence you sometimes feel like the only way to stop violence is to use it back, whether physical or verbal. Being around violence can increase the risk of depressive symptoms. Being a victim of violence could increase the risk of PTSD. Sometimes when people use violence, they use it to release feelings of anger or frustration. Violence can also create tension and suspense. Violence can be like a power trip, some could like the way it makes them feel.

Violence is the pain in your heart. Violence is the uncontrollable force, an explosion inside of people. Violence is that force that some people use to provoke others. Violence comes from shattered hearts, and the wanting of revenge.

### **Keys to dealing with violence:**

Stay self-aware

Try to avoid any physical contact unless absolutely necessary

Provide solutions

**DON'T BE AFRAID TO SEEK HELP!**

Walk/Run away if its safe

Violence: behavior involving physical force intended to hurt, damage, or kill someone or something. There are 9 types of violence someone could experience.

Physical violence, sexual violence, emotional violence, psychological violence, spiritual violence, cultural violence, verbal abuse, financial abuse, and neglect. Many people have experienced one or more of these forms of abuse. For me, I experienced 6 of these forms of abuse from the early age of 6 years old. Those victimized by violence have to learn how to cope with the trauma that comes along with it. If put off, it will affect your day-to-day, future relationships and/or friendships. It could also cause you to gravitate towards people that are abusive since that's what you've known growing up.

For me, not until high school did I realize the abuse I experienced was not normal. For some people they never get away from violence because they are afraid or don't have a support system to run to. Many don't see it as abuse and think of it as normal as I did.

We are showing people that they are not alone and there is always a way out.

## **Grief**

Grief: Deep sorrow, especially caused by someone's death.

People deal with grief in many ways. Some take on all the emotions that come along with it and some don't feel much until later on. I have seen how it brings together families and opens their eyes to how little time we have with each other. It can also bring out the greediness in people and tear families apart. I have seen this type of chaos when parents or grandparents pass away. Grief is hard on everyone that loved the person who passed away. It is up to us to see the beauty of the circle of life and realize that we have a limited time to help and make a difference in our families and the world.

Ecclesiastes 7:2-3

It is better to go to a funeral than to a party. We all must die, and everyone living should think about this. Sorrow is better than laughter, and sadness has a good influence on you.

## **Experiences of Incarceration**

Locked up and loved. So many of our lives are affected by experiences of incarceration in direct or indirect ways. Our mothers, fathers, our children, tios and tias, our primos- their life behind bars matter to us.

Murder, drug violations, DUIs, Assault and Battery- learning about the reason a relative was arrested can often be a shocking or overwhelming experience. Others figured it was just a matter of time, until so and so got locked up again. But if it is your parent, your kid, your loved one- you are forced to do time with them. When every letter or message matters, time to communicate costs, and 30 minute visits are never enough.

Art is a means to heal, created by those who express their experience, talent and time through creative expressions, such as: paño art, drawings, necklaces, photo frames.

We hurt because our families are hurting. Efforts to restore the justice system and create new cycles of healing and hope remain critical.

## **Suicide**

Suicide has been known in all cultures, every region and ethnic group. It affects people across all racial, socio-economic and gender groups. Suicide is intensely personal and feeds off of the isolation it creates within ones self. For someone experiencing suicidal ideation, there is an intense feeling of shame surrounding these thoughts.

There is probably more awareness around suicide prevention today in American culture than at any time in previous history.

If you know someone experiencing suicidal ideation or thoughts, listen to them. Like, really listen. Don't offer advice if you don't have any. Listening is rare and a powerful tool. If you are experiencing suicidal ideation or thoughts, reach out. To as many people as you need to. Suicide is often an impulsive act and things can change within a minute. The human condition is complex and often difficult to navigate. Don't make the mistake of thinking your situation is hopeless, or even unique.

You are not alone. You are not alone. We are not alone

## **Healing and Hope**

A person is never too far gone. If someone you love is struggling with drug abuse and not explicitly asking for help, they may not welcome any intervention. It isn't hopeless! If you continue to love and

support your family or friends that need to heal from the struggle of addiction, you will bear fruit with time and patience.

It's an evolution of self-love among users to finally be able to respect their temples, souls, and those around them to create a better, healthy, bright, and powerful version of themselves. It is important to educate on the realities of this disease and share information on how to recover. The strength it takes to better yourself is a beautiful transformation that only comes from a sense of support from among one another.

The war never dies, but the battles can be won through consistently trying to fight for yourself and the ones who need that love.

## **Drug Abuse**

Drug abuse comes in many flavors, it affects those who use and those who have to take care of users. For some, a high is worth more than their kids and loved ones. They attempt to escape life's tribulations and the hopes and dreams of what could be, for a void and emptiness that can never be filled by a product that holds no sustenance. It takes time and effort to rehabilitate and heal oneself from a life-destroying addiction.

It is easy to falter when you're hurt by the endeavors of life and need to relax a bit. Unfortunately, that repeated action of needing to comfort one's self spirals into a hunger that cannot be mended. The psyche and mental stability of users can cause them to be more irate by normal conversation and can fracture and destabilize their relationships with the ones that hold them dear. With continued beratement of mistreatment, most of those loved ones tend to abandon those who are struggling with the disease of addiction. Among users, a feeling of mistrust and betrayal ensues which creates a barrier of hostility.

## **Your Story Matters**

Each of our stories and life experiences have value. What one may consider something unworthy of sharing, that lived moment has the power to touch or inspire another. Although, we like to highlight the positive in our lives. It is the struggle that connects so many of us. More than the struggle, it is survival.

To an extent one has to be vulnerable, willing to open up and reveal the depth of life's experiences. It is through this process that we realize the interconnectedness of us as humans, all here on a mission to live, love and survive. The way that we think about hard times, marginalized experiences, pain, and sorrow has to be reconceptualized to mobilize the weight of its power into a space that is healthy, whole and healing.

## **Faith**

Faith is a journey, a set of beliefs, and practice that fulfills one spiritually in ways that transcend circumstance or situation. It has the power to lift you up, bring peace, direction and strength. Many attend Sunday Mass or service. A lit candle on grandma's altar symbolizes the prayers and faith for our loved ones in need. People fast and pray the rosary with special intentions. These everyday expressions of faith serve as the source of hope in circumstances that are often considered dire and bleak. Faith inspires intentional relations, daily sacrifice, provision and purpose for living.















































































# COMMUNITY RESOURCES PROVIDED BY UNM-TAOS

## **Clothing**

The Giving Tree

Clothing, household items, diapers, emergency food

Wed-Fri 12:30-2:30

1128 Paseo del Pueblo Sur Ste C (Behind Subway) Taos, NM

505-980-3387

[givingtreetaos.com](http://givingtreetaos.com)

[taoshope@gmail.com](mailto:taoshope@gmail.com)

Community Against Violence (CAV) Thrift store

Clothing voucher for any individual experiencing homelessness/hardship

1509 Paseo del Pueblo Sur, Taos, NM

575-751-4824

<https://taoscav.org>

St. James Episcopal Church

Help with clothing, Household items

208 Camino de Santiago

575-758-2790

<http://www.stjamestaos.com>

## **Counseling Services**

The following accept Medicaid/Medicare, private insurance and/or have a sliding scale option for individuals who are uninsured or have low income:

Taos Behavioral Health-Offer in person and online counseling support for individuals, couples, families or groups. 575-758-4297 <https://taosbehavioralhealth.org/>

Teambuilders Behavioral Health-Offer in person and online counseling for children, adolescents, adults and families. 575-751-7037 <http://teambuilders.org/>

Embudo Questa Health Center-PMS Offers Behavioral/Medical/Dental health support for individuals and families, also offer Medically Assisted Therapy (M.A.T.) services 575-586-0315 <https://www.pmsnm.org/locations/questa-health-center/>

El Centro Family Health-Offers Medical/Behavioral health support in Taos, Penasco and Embudo 575-758-3601 <https://ecfh.org/>

The following accept Medicaid/Medicare and/or private insurance:

Pinwheel Healing Center-Offers Individual, group and family therapy, Intensive Outpatient therapy, Medically Assisted Therapy (M.A.T) 505-715-4610 <https://www.pinwheelhealing.com/>

Krossroads Integrative Health and Recovery-Offers online counseling services (generally no waiting list). 505-273-4668 <https://krossroadsnm.org/>

UNM main campus Student Health and Counseling (SHAC)-Offers online individual therapy for UNM Taos students for \$107 per semester plus a co-pay 505-277-3136 <https://shac.unm.edu/services/mental-health/index.html>

The following services are free:

Therapy Assistance Online (TAO)-Offers an online platform in skill development and educational needs in well-being and behavioral health.

<https://shac.unm.edu/services/mental-health/index.html>

Manzanita Counseling Training Clinic by the UNM Counselor Education Program at main campus-Offers free online counseling during Fall and Spring semesters for UNM Taos students. 505-277-7311 <https://coehs.unm.edu/departments-programs/ifce/counselor-education/manzanita-counseling-center.html>



UNM Women's Resource Center Counseling Program-Offers telehealth counseling services with upper level graduate students in the final stages of their training in the UNM Counselor Education Program. 505-277-3716 <https://mentalhealth.unm.edu/resources/womens-resource-center.html>

Taos Picuris Indian Health Service- Behavioral Health, Medical/Dental (free to enrolled tribal members) 575-758-6900  
<https://www.ihs.gov/albuquerque/healthcarefacilities/taospicuris/>

### **Crisis Lines**

In case of immediate emergency call 911 or visit the nearest emergency room.

National Suicide and Crisis line 24/7 support call 988

NM Crisis line 24/7 855-622-7474

AGORA Crisis Center 24/7 855-505-4505

New Mexico Peer to Peer Warmline 855-466-7100 Call from 7:00a – 11:30p MT everyday/Text from 6:00p – 11:00p MT everyday

Crisis text line 24/7 741741

### **Emergency Housing**

DreamTree Project offers emergency and transitional housing for youth 16-24yrs. DreamTree Project is also coordinating temporary shelter stay and/or hotel vouchers for adults and/or adults with children. 128 La Posta rd

575-758-9595 <https://www.dreamtreeproject.org/>

Community Against Violence addressing the needs of victims of domestic violence/assault with emergency shelter and transitional housing support.

945 Salazar rd, Taos, NM 575-758-8082 <https://taoscav.org/>

Taos Men's Shelter 220 Albright st. Taos, NM 575-779-9198

<https://www.taosmensshelter.org/>

### **Financial Assistance**

UNM-Taos

For Emergency funds or help applying for any of the below resources contact Cami Hartman, Student Resource Navigator [chartman8@unm.edu](mailto:chartman8@unm.edu)

575-737-3697

Financial aid/scholarship support contact the financial aid department: [finaidtaos@unm.edu](mailto:finaidtaos@unm.edu)

Crystal Martinez, Financial aid officer [cmarti17@unm.edu](mailto:cmarti17@unm.edu) 575-737-6220

Sara Fernandez, Financial aid officer [sarfer1123@unm.edu](mailto:sarfer1123@unm.edu) 575-737-6217

For Emergency funds or help applying for the below resources contact Cami Hartman, Student Resource Navigator [chartman8@unm.edu](mailto:chartman8@unm.edu)

575-737-3697

### **HELP NM**

Depending on grant availability, the Office of Economic Opportunity (OEE) provides services to individuals and families, youth, veterans, migrant and seasonal farm workers and seniors. Our priority is to provide general services related to economic security for employability, attaining educational goals, and income management. OEE also provides services that support family well-being through housing, health, and nutrition to help families in crisis.

106 Gusdorf Pl, Taos, NM

505-437-1327

<https://helpnm.com/>

### **Self Help Inc.**

Each year, through grants and private and public contributions, our organization is able to support those who need help most, during emergencies or in the quest to become economically self-sufficient. Self Help is a member of United Way of Northern New Mexico Serving Los Alamos and Rio Arriba Counties. 2390 North rd Los Alamos, NM 505-662-4666  
<https://selfhelpla.org/>

Apply for Supplemental Nutrition Assistance Program (S.N.A.P) at <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

Apply for heating/cooling assistance with LIHEAP [https://www.hsd.state.nm.us/wp-content/uploads/2020/12/L-HP-602-LIHEAP-Application-Revised-83116\\_fillable.pdf](https://www.hsd.state.nm.us/wp-content/uploads/2020/12/L-HP-602-LIHEAP-Application-Revised-83116_fillable.pdf)

Apply for Medicaid/Medicare/Health insurance on the Health Exchange or for assistance applying for SNAP and other benefits (LIHEAP, Medicaid/Medicare/Health Insurance on the Health Exchange) call Theresa Noedel, Benefit Navigation Coordinator at Holy Cross Medical Center 575-751-8939  
Email: [tnoedel@taoshospital.org](mailto:tnoedel@taoshospital.org)

One time support for utility bills (after applying for LIHEAP)

St James Episcopal Church

208 Camino de Santiago Taos, NM

575-758-2790

Rent, Mortgage, Utility and legal assistance to stay in your home

### **NM Home Fund**

The New Mexico Home Fund began with funding from the Federal Government during the COVID-19 pandemic. It's now a way to connect homeowners and renters to other resources to help them pay bills and stay housed during difficult times.

<https://nmhomefund.org/>

Home owner assistance fund- The New Mexico Homeowner Assistance Fund (HAF) program will provide housing grants to income-eligible households experiencing financial hardship associated with the COVID-19 health crisis. These grants are to fund mortgage payments, taxes, and insurance up to \$20,000 per household, to maintain housing and/or to reduce housing cost delinquency.

<https://housingnm.org/new-mexico-homeowner-assistance-fund>

Help paying for phone service- Lifeline is an FCC program that helps make communications services more affordable for low-income consumers. Lifeline provides subscribers a discount on qualifying monthly telephone service, broadband Internet service, or bundled voice-broadband packages purchased from participating wireline or wireless providers. The discount helps ensure that low-income consumers can afford 21st century broadband and the access it provides to jobs, healthcare, and educational resources. <https://www.fcc.gov/lifeline-consumers>

Help paying for internet services- The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

<https://www.fcc.gov/acp>

Phones that work with the Affordable Connectivity Program/Lifeline

<https://standupwireless.com/>

<https://qlinkwireless.com/>

File taxes to apply for the Earned Income Tax Credit (EITC) helps low- to moderate-income workers and families get a tax break. If you qualify, you can use the credit to reduce the taxes you owe – and maybe increase your refund. <https://www.irs.gov/credits-deductions/individuals/earned-income-tax-credit-eitc>

Apply for the child tax credit by filing taxes (even if you don't earn enough to file taxes) The child tax credit is a federal tax benefit that plays an important role in providing financial support for American taxpayers with children. People with kids under the age of 17 may be eligible to claim a tax credit of up to \$2,000 per qualifying dependent when they file their 2022 tax returns in 2023. \$1,500 of that credit may be refundable. <https://www.irs.gov/help/ita/does-my-child-dependent-qualify-for-the-child-tax-credit-or-the-credit-for-other-dependents>

## **Food**

Apply for Supplemental Nutrition Assistance Program (S.N.A.P) at <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program> or for assistance applying for SNAP and other benefits (LIHEAP, Medicaid/Medicare/Health Insurance on the Health Exchange) call Theresa Noedel, Benefit Navigation Coordinator at Holy Cross Medical Center 575-751-8939 Email: [tnoedel@taoshospital.org](mailto:tnoedel@taoshospital.org)

If you are pregnant or have children 5yrs or younger-apply for food assistance with the NM Women, Infant, and children (WIC) office in the Taos Public Health Office

1400 Weimer rd, Taos, NM 87571

575-758-1078

<https://www.nmwic.org/>

## **Food Pantries**

UNM-Taos Lobo Food Pantry

Cabinets in front of Fred Peralta Hall (art building on Klauer campus). Free for students and family of students. Open everyday/night except for school breaks.

El Pueblito Methodist Church/food pantry

Food distribution 2nd and 4th Wednesdays/ month 11:00-12:00pm

1309 Paseo del Pueblo Norte, Taos, NM

575-758-2790

La Jicarita Food Basket

Penasco Community Center

14136 NM-75, Peñasco, NM 87553

2nd and last Wednesday of the month 9:00 am.

505-480-3846

North Central Food Pantry (Questa) (Next to Ancianos)

Food distribution 2nd and 4th Friday from 9am-12pm

Must fill out registration form and stay in car for food delivery to your trunk of your vehicle

Contact:

[wrmesquire2@gmail.com](mailto:wrmesquire2@gmail.com) or Jeannie Masters 575-586-0486

<https://www.ncfpquesta.com/>

Our lady of Guadalupe Food Pantry

Our lady of Guadalupe Church

205 Don Fernando St Taos, NM 87571 2nd and 4th Thursday of every month 9am-11:30am

(575)758-9208

<https://www.ologtaos.com/>

St. James Episcopal Church/food pantry

Food distribution every Thursday 12:30-4:00

208 Camino de Santiago, Taos, NM

575-758-2790

<http://www.stjamestaos.com>

The Giving Tree

Food distribution the last Wednesday of the month 12:00-3:00pm

Emergency Food Wed-Fri 12:30-2:30

1128 Paseo del Pueblo Sur Ste C (Behind Subway) Taos, NM

505-980-3387 [givingtreetaos.com](http://givingtreetaos.com)

[taoshope@gmail.com](mailto:taoshope@gmail.com)

Lil Food Pantries around town sponsored by Taos Immigrant Allies. Locations include: Gusdorf Park by bench. Fred Baca Park under tree in front parking lot, Rio Lucero Road across from #118, Mariposa Road just off Kit Carson, Civic Plaza - in front of Bataan Hall, In Front of First Pres. Church, Vigil Trailer Park under Taosnet sign, Straight Arrow Road -at start by mailboxes, Arroyo Seco behind the Church.

Prepared Meals

Ancianos Senior Center

Free lunch for people over 60 (\$1.50 donation optional)

601 Lovato Place, Taos, NM

575-758-4091

<http://www.taoscounty.org> > Senior-Services

Taos Men's Shelter

Evening meal every day for men and women at 6:00pm

220 Albright Street, Taos, NM

575-779-9198

<https://www.taosmensshelter.org/>

### **Immigrant and Refugee Support**

Las Cumbres Community Services-Sanctuario de Corazon

including legal support Jose Gonzales at 575-779-9119

<https://www.lascumbres-nm.org/immigrant-refugee-services>

Taos Immigrant Allies- To support immigrant families educationally, financially, and emotionally, and educate our community on immigration issues to become a more supportive, integrated, and prosperous Taos community. <https://www.taosimmigrantallies.org/>

Scholarship website for DACA/immigrant students <https://www.maldef.org/resources/scholarship-resource-guide-2021-2022/>

Other resources available for undocumented students through UNM main campus <https://undocumented.unm.edu/resources/community-resources.html>



## **Internet/Phone**

UNM-Taos Library-loans internet hot spots and laptops to students (when available). To check availability visit or call 575-737-6242.

Help paying for phone service-Lifeline is an FCC program that helps make communications services more affordable for low-income consumers.

Lifeline provides subscribers a discount on qualifying monthly telephone service, broadband Internet service, or bundled voice-broadband packages purchased from participating wireline or wireless providers. The discount helps ensure that low-income consumers can afford 21st century broadband and the access it provides to jobs, healthcare, and educational resources. <https://www.fcc.gov/lifeline-consumers>

Help paying for internet services- The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

<https://www.fcc.gov/acp>

## **Phones that work with the Affordable Connectivity Program/Lifeline**

<https://standupwireless.com/>

<https://qlinkwireless.com/>

Legal Support

## **NM Legal Aid**

Our services range from education, advice and brief services, to full representation in some cases. No one is denied access on the basis of race, age, gender, religion, political affiliation, beliefs, or disability. New Mexico Legal Aid (NMLA) has practice groups in four areas of law, providing legal services in state and tribal jurisdictions:

Consumer Law, Domestic Violence and Family law, Economy Security Law, Housing Law and include other special project areas.

575-758-2218

<https://www.newmexicolegalaid.org/>

## **Immigrant and Refugee Support and legal support**

Las Cumbres Community Services

Jose Gonzales at 575-779-9119

<https://www.lascumbres-nm.org/immigrant-refugee-services>

Free Legal resources for the Elderly: <https://www.nmbar.org/Public/LREP>

## **Parenting**

Children's Trust Fund/Taos Loves Kids offers classes and groups in English/Spanish to support parenting. Our services are free to families/cargivers prenatally to 18 years of age.

413 Sipapu st Taos, NM

575-751-8904 or [cvigil@taoshospital.org](mailto:cvigil@taoshospital.org) <https://holycrossmedicalcenter.org/program/childrens-trust-fund/>

## **Youth Heartline**

We assist families in our community with education, referrals, support, therapeutic services, and activities to foster family connection.

224 Cruz Alta Rd, Ste F Taos, NM 87571

575-758-0106

<https://www.youthheartline.org/>

### **Early Childhood Education and Care Dept.**

Financial support for childcare for eligible families who qualify.

505-753-0222 Or call 1 (800) 691-9067 to speak with a Family Specialist who can help you review your child care options and walk you through the process of applying.

<https://www.nmececd.org/child-care-assistance/>

NewMexicoKids website offers a variety of services and resources for both educators and families in the State of New Mexico. Whether searching for quality child care or looking for professional development for early childhood educators, you will find information on this site that links you to the information or services you may need.

<https://www.newmexicokids.org/>

### **Paso a Paso network**

Paso a Paso Network is an independent volunteer organization that works with service providers, funders, advocates, families, and other stakeholders to build a comprehensive early childhood system in Taos County.

<https://www.pasotaos.org/childcare>

### **Parenting/Early Child Development**

First Steps- Holy Cross Hospital's First Steps Program provides home visiting services to parents of children ages prenatal to five, including fathers, adoptive parents, and foster families in Taos and Western Colfax Counties.

413 Sipapu St. Taos, NM

575-751-5764

<https://holycrossmedicalcenter.org/program/first-steps/>

**Tiwa Babies Tiwa Babies** serves expectant parents/caregivers and parents/caregivers of children 0-5 years old with a family support specialist. Tiwa Babies services promote optimal child and family development. Services are universal, at no cost, and provided in the family's home or another location of the family's choice. We offer our services to Native Families and Non-Native Families living in Taos County.

230 Rotten Tree rd. Taos Pueblo, NM

575-758-7824 ext.112

<https://www.tiwababies.com/>

### **Early Development/Childcare**

Youth Development Incorporated (YDI) provides free early childhood education, family development services, and child care for children ages 0 to 5 years old. The Head Start curriculum supports the physical, cognitive, social, and emotional development of young children and also offers prenatal care and education for pregnant women. Eligible services based on income.

Home Visiting (pre-natal-3)

Early Headstart (12 weeks-3yrs) Enos Garcia, Llano Quemado, Vadito hours 7am-3pm

Headstart (3yr-5yr) Questa, Arroyos del Norte, Enos Garcia, Llano Quemado, Vadito hours 7am-3pm

575-758-4556

<https://www.ydinm.org/programs/early-childhood-education/>

## **Parenting continued/Childcare**

UNM Kids Campus/Center for Early Learning serves children 6 weeks to 5 years of age.

1157 County rd

110, Ranchos de Taos, NM

575-737-6255

<https://taos.unm.edu/community/kids-campus/index.html>

Anansi day school- Ages served: 3 years - 5 years

57 New Mexico state highway 230, El Prado, NM 87529

575-776-5711

<https://anansidayschool.org/>

Inspire Bilingual Early learning center- Ages served: 2 months - 5 years 120 Camino De La Placita, Taos, NM 87571 Contact: inspiretaos@gmail.com

[https://m.facebook.com/InspireTaos/?\\_rdr](https://m.facebook.com/InspireTaos/?_rdr)

Little Bug Inc. Ages served: 6 weeks - 5 years

1221 Gusdorf, Taos, NM

575-751-1060

[https://m.facebook.com/taoslittlebug/?\\_rdr](https://m.facebook.com/taoslittlebug/?_rdr)

Taos family development center at Taos High (GRADS) Serves infants to 4yrs old.

134 Cervantes St, Taos, NM 87571

575 751-8070 or 575-751-3884 [https://childcarecenter.us/provider\\_detail/taos\\_family\\_development\\_center\\_taos\\_nm](https://childcarecenter.us/provider_detail/taos_family_development_center_taos_nm)

Ensuenos y los Angelitos Ages served: 0 - 5 years

1030 Salazar Rd, Taos, NM 87571

575-758-4274

<https://eladc.org/>

Rio Hondo Learning Center - Ages served: 6 weeks - 3 years

5 Firehouse rd. Taos Ski Valley

(866) 968-7386 ext. 2340

## **Free Diapers**

Diaper Program-offering free diapers size 0-6.

El Pueblito Methodist Church

Contact Cheri Lyons, Pastor

1309 Paseo Del Pueblo Norte, El Prado, NM 87529

575-758-3166

**The Giving Tree Clothing**, household items, diapers and emergency food Wed-Fri 12:30-2:30

1128 Paseo del Pueblo Sur Ste C (Behind Subway) Taos, NM

505-980-3387

[taoshope@gmail.com](mailto:taoshope@gmail.com)

<https://www.taoshope.com/>

Breastfeeding Support

Taos County Breastfeeding Resources <https://breastfeedingnm.org/wp-content/uploads/2020/04/Taos-County-Resource-List.pdf>

WIC offers breastfeeding and healthy nutrition support for birthing persons. Taos Public Health Office

1400 Weimer rd, Taos, NM 87571

575-758-1078

<https://www.nmwic.org/>

### **Tax credits for families**

Apply for the child tax credit by filing taxes (even if you don't earn enough to file taxes) The child tax credit is a federal tax benefit that plays an important role in providing financial support for American taxpayers with children. People with kids under the age of 17 may be eligible to claim a tax credit of up to \$2,000 per qualifying dependent when they file their 2022 tax returns in 2023. \$1,500 of that credit may be refundable. <https://www.irs.gov/help/ita/does-my-childdependent-qualify-for-the-child-tax-credit-or-the-credit-for-other-dependents>

### **Textbooks**

UNM-Taos Library-students may check out (available) textbooks or can request for copies to be made of the first few chapters until a textbook is obtained. To check availability visit or call 575-737-6242.

### **HELP NM**

Depending on grant availability, the Office of Economic Opportunity (OEE) provides services to individuals and families, youth, veterans, migrant and seasonal farm workers and seniors. Our priority is to provide general services related to economic security for employability, attaining educational goals, and income management.

106 Gusdorf Pl, Taos, NM

505-437-1327

<https://helpnm.com/>

Self Help Inc. Each year, through grants and private and public contributions, our organization is able to support those who need help most, during emergencies or in the quest to become economically self-sufficient. Self Help is a member of United Way of Northern New Mexico Serving Los Alamos and Rio Arriba Counties.

2390 North rd Los Alamos, NM

505-662-4666

<https://selfhelpla.org/>

### **Transportation**

North Central Regional Transit Department (NCRTD)-provides transportation services in Taos County (see schedules).

New RTD Service to UNM-Taos provides door to door pickup/drop off within the Town of Taos for qualifying areas. Passengers must reserve a ride at least 24 hours in advance by calling 1-866-206-0754 ext. 2. (6am-6pm) If this number doesn't work please call 505-629-4725 for dispatch and for scheduling choose option number 1. Cost is \$1 each way. <https://www.ncrtd.org/routes-by-area/taos-area/>

Private Uber drivers in the Taos area:

Terrie Perez 575-613-6137

John Pruitt 575-770-1040







